

MOTomed

Therapy Goals and Training Suggestions

1. Therapy goals –achievable short term:

- a.) To become more mobile in the morning after getting up, in order to make subsequent activities such as washing, taking a shower, getting dressed more easy (this is often important for MS patients)
- b.) To ease spasms or high muscle tone whenever they occur
- c.) To be able to empty and control a full bladder (e.g. in the morning) by easing or lowering muscle tone
- d.) To get warm legs with less or no pain (e.g. in the evening) in order to be able to go to sleep more easily)

Training suggestions to achieve these short term therapy goals:

When should I do MOTomed Training?

Upon occurrence of problems such as spasm, stiffness, cold legs, etc.

How long should the training sessions be?

approx. 10 min. or longer, as desired or needed

Our Training Suggestion:

Regarding the above mentioned therapy goals; we recommend having your legs/ arms be moved by the MOTomed SmoothDrive System for about 5 – 10 min (passive training). After this warm-up, active training using your own muscle strength can follow for users with residual muscle strength. This way, you will also work towards the therapy goals that are achievable long-term, which are listed below.

In the evening: Active cycling with your own muscle strength is likely to stimulate your circulation. This could make it harder to go to sleep afterwards. So we recommend passive training (MOTomed moves your legs) right before going to bed, for warm legs/feet.

2. Therapy goals – achievable long-term:

Walking security, walking endurance, muscle strength, circulation, cardio-vascular functions, digestion, bladder function, oedema, ...

Training suggestions to achieve these short term therapy goals:

How many trainings sessions per day?

2-3 x daily (if possible)

How long should I train?

5 – 30 minutes (if possible)

Rule: You will achieve more by training at lower resistance over a longer period of time rather than using a higher resistance over a short period of time (high pressure often causes muscle tone to increase).

When should I train?

the best time of the day to do MOTomed training is when you feel well and strong

Our Training Suggestion:

- a) first, let your legs be moved by the MOTomed SmoothDrive System for about 3 – 5 minutes (passive training) in order to relax your muscles.
- b) If residual muscle strength is available, cycle with your own strength (active training) at a resistance which allows you to cycle without great effort.

Adjustments:

Users with little residual muscle strength:

resistance: 1 or 2

revolutions: 7

Users with moderate residual muscle strength:

resistance: 3 or more

revolutions: 7

(MOTomed viva1: To make these adjustments, press green buttons on the remote control)

As soon as your muscles get tired, or if the muscles have to put in a lot of effort, we recommend to stop cycling and to lower the resistance or have the legs be moved passively by the MOTomed until you feel like cycling with your own muscle strength again.

Don't push towards your limit!

c.) before you end your training session, have your legs be moved by the MOTomed SmoothDrive System again for about 3 – 5 min. in order to ease your muscles (passive training!).

!! Alternating training!

We recommend performing an alternating training: you alternate between a phase of passive training (having the legs/ arms be moved by the MOTomed SmoothDrive System) with a phase of active training (cycle with your own muscle strength) and so on. This way, the muscles can relax in between the active training phases. The motor takes on automatically once you stop cycling. It is very important that you have your arms/ legs be moved by the MOTomed at the end of the training session in order to relax the muscles.